

26657 - Outdoor Physical Activities

Syllabus Information

Academic year: 2024/25

Subject: 26657 - Outdoor Physical Activities

Faculty / School: 107 - Facultad de Educación

202 - Facultad de Ciencias Humanas y de la Educación

301 - Facultad de Ciencias Sociales y Humanas

Degree: 298 - Degree in Primary School Education

299 - Degree in Primary School Education

300 - Degree in Primary School Education

ECTS: 6.0

Year: 4

Semester: First semester

Subject type: Optional

Module:

1. General information

The subject and its expected results respond to the following approaches and goals:

- To know and understand the epistemological and psycho-pedagogical bases that support physical activities in the natural environment, within the area of Physical Education in Primary Education and that justify their contribution to the basic competences.
- To know different sources of information and bibliographic documentation that allow the expansion of disciplinary knowledge.
- To program the teaching intervention from the area of physical education in the primary stage in relation to physical activities in the natural environment.
- Elaborate activities and learning situations for the development of the different contents of these activities.
- Acquire the practical resources necessary for teaching the different activities of the subject.
- Show interest in the subject as a first step to understand the contribution of the subject to the development of the basic competences.
- Show a reflective and critical attitude towards teaching practice.

2. Learning results

In order to pass this subject, the students shall demonstrate they has acquired the following results:

1. -Collect, apply and use different resources related to the specific didactics (curricular proposals throughout the stage, learning situations, methodology and evaluation) of physical activities in the natural environment.
2. -Design learning situations adjusted to specific educational purposes in a given context for each of the activities proposed.

3. Syllabus

Due to the variability of resources in the centers of the University of Zaragoza, the program will be specified at the beginning of each one of them in the different centers. Therefore, this agenda is indicative and is only an example of the possible activities:

1. Introductory module to the activities.
2. -Materials, maintenance and basic techniques at school for the contents of off-road cycling (cycling at school, bike mechanics, tips and possibilities in urban and natural environment), climbing.(types of climbing, most used techniques, initiation in the school, materials: their use and care), activities of snow (skiing, history, different types, equipment and materials, preparation of skis, different skiing techniques, teaching skiing at school age, safety rules for skiing), walking (different types, hiking in primary school, great games in nature) and orienteering (history, different types, characteristic elements of orienteering, map and compass, basic techniques, orienteering at school, mapping techniques, interdisciplinary possibilities):
3. -Safety in sports practice.
4. -Methodological guidelines and specific teaching action.
5. -Transversal link with the basic knowledge of the physical education curriculum in primary education and possibilities of interdisciplinary work with other areas of knowledge .

4. Academic activities

The subject presents different methodological strategies to develop the assigned competencies. The main characteristic of the combination of learning activities will be the search for an emancipatory methodology so that students can acquire the competencies with autonomy and solvency.

Different work spaces will be combined, such as the classroom, the teaching office and the sports facilities of the university campus, as well as natural spaces outside the campus. The approximate distribution of hours is:

- Master classes (T1): 30h.
- Participatory group techniques (T2): 20h.
- Group academic activities conducted off-campus (T4): 40h.
- Study of the subject and preparation of the evaluation tests: 90h.

5. Assessment system

The student will be able to choose between two ways to be evaluated and graded: Model A or Model B.

Option Model A.

The student must show that they have achieved the expected learning outcomes by means of the following assessment activities and the fulfillment of the different assessment requirements:

Results from learning	Instrument evaluation	Assessment criteria	Description the test	Weight in the final grade
1	Educational backpack of experiences and evidence.	Collect, apply and use in 80% of the sessions of the the subeject (whether of a theoretical, practical or theoretical, practical or theoretical-practical). the evidence presented in class in class. Use in a structured and structured and complete resources related to the specific specific didactics of the different different activities of school physical education.	activities evaluation may include: -documents compilation and from elaboration from different situations, the ideas and works expressed at the sessions - executions and applications practices -compilation the experiences of the sessions	30%
2	Theoretical and practical practical questions	Designing learning situations situations of different activities, adjusted activities, adjusted to the goal and context determined.	The following test will be performed test from evaluation through tests	40 %
3		To know with clarity and relevance of the didactic didactic foundations from each activity.	and/or questions theoretical- practical questions, and that may be accessed at include views of videos and readings from different publications to be to be made on the date determined by the deaneries for the end of the evaluation continuous and/or formative.	30 %

In order to pass the subject in its continuous mode, the student must pass all the evaluation tests with a 5.

Note: The grades linked to the learning outcomes passed with previously will be kept for the second call.

Option Model B.

The student must show that they have achieved the expected learning outcomes by means of the following assessment activities and the fulfillment of the different assessment requirements:

Results from learning	Instrument evaluation	Assessment criteria	Description the test	Weight in the final grade
1	Theoretical and practical questions and/or executions and applications practices	Use in a structured structured and complete the resources related to the didactics specific to the different activities in the natural environment.	may contemplate: - Evaluation through questions theoretical-practical questions on the date determined by the deaneries by the end of the evaluation. - Executions and applications practices	30%
2	Theoretical and practical questions	Designing learning situations situations of different activities, adjusted to the goal and context determined.	The following test will be performed test from evaluation through tests	40 %
3		To know with clarity and relevance of the didactic didactic foundations from each activity.	and/or questions theoretical-practical questions, and that may be accessed at include views of videos and readings from different publications to be to be made on the date determined by the deaneries for the end of the evaluation continuous and/or formative.	30%

In order to pass the subject in its formative mode, students must pass all the evaluation tests with a 5. The tests may be in person or online through a virtual platform such as Moodle or others.

The evaluation and grading of the global test, 5th and 6th summons will be governed by the same criteria and tests as the type B evaluation.

i]Finally, it must be taken into account that the Regulations of the Norms of Coexistence of the University of Zaragoza will apply to irregularities committed in the evaluation tests by means of academic fraud, as well as the application of article 30 of the Regulations of the Norms of Evaluation of Learning in relation to irregular practices other than academic fraud in relation to irregular practices other than academic fraud

6. Sustainable Development Goals

- 3 - Good Health & Well-Being
- 4 - Quality Education
- 13 - Climate Action